OBAMA'S PRESIDENTIAL TOUCH ONLINE, PG10

Celebrity pg 18

Von Teese puts career before a man

The world's largest global newspaper

metro

OTTAWA • THURSDAY, FEBRUARY 19, 2009 metronews.ca

Cancun from $179*

westjet.com

WESTJET

*Some restrictions apply. Taxes not included. See westjet.com for details.

Open, secure borders priority, says McGuinty

ECONOMY Preserving jobs by keeping the Canada-U.S. border open and secure should be at the top of the agenda as Prime Minister Stephen Harper meets today with U.S. President Barack Obama, says Premier Dalton McGuinty.

"Our economies, particularly in the Great Lakes states, are highly integrated and we've got to find a way to address both security concerns and safety concerns," he said.

McGuinty acknowledged he did not mention the border concerns to Harper when the two met on Tuesday in Toronto.

McGuinty's concerns were echoed by the Ontario Chamber of Commerce, which called for a streamlining of "burdensome rules and regulations," that cause costly delays.

TORSTAR NEWS SERVICE

JIM YOUNG/REUTERS

A pedestrian in Ottawa yesterday walks past a poster of U.S. President Barack Obama, in advance of his visit. Obama visits the capital today on his first foreign trip since becoming president.

Northern exposure

Obama's**Visit**

Greenpeace activists scaled a bridge in Ottawa yesterday and unfurled two large banners urging U.S. President Barack Obama to take a tough stand on Canada's huge oilsands when he visits today.

"Climate Leaders Don't Buy Tar Sands," read one of the banners, which faced toward Parliament. The oilsands represent the largest reserves outside the Middle East, but extracting the heavy crude from the sands releases enormous amounts of greenhouse gases, blamed for global warming.

Obama — who has vowed to spend billions developing cleaner sources of energy — is due to spend a few hours in Parliament while in Ottawa on his first foreign visit since taking power last month.

"President Obama and the American public need to know that tarsands produce the dirtiest oil on Earth … the tarsands are an international global warming disaster," said Mike Hudema of Greenpeace.

The problem for Obama is that Canada is the largest single supplier of energy to the United States. Canadian oil production last year was 2.75 million barrels a day, of which the oilsands accounted for just under half.

Speaking to the CBC yesterday, Obama declined to characterize crude from the sands as "dirty oil" which should somehow be curtailed.

He acknowledged the sands create "a big carbon footprint" and said the United States and Canada should collaborate on ways to capture carbon and then store it to prevent greenhouse gases from being emitted into the atmosphere.

Separately, a group of 50 prominent Canadians sent Obama an open letter yesterday saying it would be wrong to have much faith in such untried methods.

"Costly and unproven technological fixes such as carbon capture and storage do not provide 'silver bullet' solutions to addressing emissions from tarsands," the letter said. REUTERS

Banner removed

• The large banner discouraging tarsands usage was removed from Alexandra Bridge by the activists about an hour and a half after police arrived.

CBC NEWS ONLINE

City buses signed out for security detail

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

VISIT As OC Transpo struggles to meet service demands, police agencies have appropriated almost two dozen buses for security teams during U.S. President Barack Obama's visit today.

According to OC Transpo general manager Alain Mercier, police agencies needed 12 buses on Tuesday, 10 buses yesterday and 23 today in preparation for Obama's visit.

Since OC Transpo is still running at reduced capacity due to a lack of road-ready buses, Mercier said it initially offered only 10 buses during the off-peak periods.

However, "the plan" Mercier said, has become a little bit different than what they had expected and some of those buses were signed out at 6 a.m. yesterday morning and 23 would be signed out early this morning as well.

"I don't know where the buses are being directed to," he said.

Mercier said security officials have advised him that O-Train service may have to stop "for a couple of hours" during Obama's visit.

"My staff does not have information as to the reasoning," he said. "We do understand that in these events there is more than one (motorcade) route established and we have been advised to prepare for service deviation."

ShareYourViews
ottawaletters@metronews.ca

Riding the **Recession**

Looking for ways to save money and ride out the economic storm? For the next six weeks, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Food

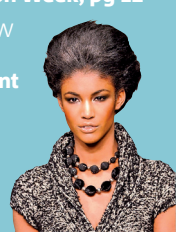
• What local eatery will leave you feeling full and your wallet not feeling empty — its Meals for a Steal, pg 14

Beauty

• A look at the bright side of a recession-addled New York Fashion Week, pg 12

Tomorrow

• How independent businesses are trying to attract new customers.



PHONES AT $0

With 2-year Fido Agreement. Maximize your savings!

the new fido

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

Available at the following Bell stores:

ARNPRIOR
6-75 Elgin St. W.

BROCKVILLE
1000 Islands Mall
R.R. 3 Highway 2 W.

CORNWALL
Cornwall Square

KANATA
510 Earl Grey Dr.

NEPEAN
50 Market Place Ave.
1541 Merivale Rd.
Bayshore Shopping Centre

ORLEANS
Place d'Orleans
SmartCentres Orleans

OTTAWA
247 Bank St.
2184 Thurston Dr.
Billings Bridge Plaza
Carlingwood Mall
Rideau Centre
St-Laurent Shopping Centre

PEMBROKE
1018 Pembroke St. E.

PETAWAWA
3471-B Petawawa Blvd.

RENFREW
178 Plaunt St.

SMITHS FALLS
16 Beckwith St. S.

STITTSVILLE
1250 Main St.

Unlimited txting. That's something to :) about.

TEXT & MORE 25 PLAN[1]

$25/MO.

- Unlimited text messaging[2]
- Unlimited local evening and weekend minutes, starting at 6 p.m.[3]
- 100 local anytime minutes + 100 bonus minutes[4]
- Call Waiting and Conference Calling[5]

Visit a Bell store • 1 888 4-MOBILE (662453) • bell.ca

3G BlackBerry® Storm™ 9530 smartphone

$249.95

with a $45 voice and data plan on a 3-yr. term[6] ($699.95 no term)

LG Rumour™

$29.95

on a 3-yr. term[7] ($279.95 no term)

3G BlackBerry® Pearl™ 8130 smartphone

$0

with a $35 voice and data plan on a 3-yr. term[8] ($449.95 no term)

Samsung Cleo™

$0

on a 3-yr. term[7] ($279.95 no term)

Bell txting just got better

Also available at these retailers: COSTCO WHOLESALE, hmv, booth the telephone booth, WIRELESS etc..., WIRELESSWAVE

Offer ends March 31, 2009. Available with compatible devices within Bell Mobility high speed mobile network coverage areas. Weeknights Mon-Thu, 6pm-7am; Weekends Fri 6pm-Mon 7am. Other monthly fees, i.e., e9-1-1 (75¢), system access (not a government fee) ($8.95), and one-time device activation ($35) apply. Long distance and roaming charges (including foreign taxes) may apply outside your local area. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. (1) With new activation on a 3-yr. term. (2) Received messages include local, international, roaming and service related messages from Bell and exclude premium, alerts and dial-up messages. Sent messages include local messages and exclude international, roaming, alerts, premium messages and messages sent with an instant messaging application. (3) Applies to airtime for calls in your local calling area. (4) Bonus minutes apply during the initial contract term. (5) Simultaneous use of airtime. (6) With new activation on a post-paid voice plan and a data feature with a total min. value of $45/mo. (7) With new activation on a post-paid voice plan. (8) With new activation on a post-paid voice plan and a data feature with a total min. value of $35/mo. BlackBerry® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Rumour is a trademark of LG Electronics Inc. Samsung Cleo is a trademark of Samsung Electronics Co., Ltd., and its related entities.

NCC cancels Winterlude show tonight
For technical reasons due to the visit of U.S. President Barack Obama today, the National Capital Commission is cancelling tonight's presentations of Ukiuk, its Winterlude sound and light show. However, due to public demand, two evening presentations have been added on Friday and Saturday at 9:30 pm. METRO OTTAWA

Local

Navy monument plans called for

The National Capital Commission is calling on teams of professional artists, landscape architects, architects and landscape designers to take part in a design competition to build a monument to 100 years of service of the Canadian Navy in 2010. The unveiling of the monument will take place at Richmond Landing in May 2011. Guidelines are available at www.canadascapital.gc.ca/navy.

METRO OTTAWA

CHEO aiming to raise $25 million

Hospital plans to put funds towards research and equipment to better serve patients

TRACEY TONG
tracey.tong@metronews.ca

"As physicians, we know that a thriving research environment will lead to better quality of care for children and youth."
Dr. Carrol Pitters

It was almost five years ago that Donna Gudbranson received the news no mother should ever have to hear.

Then six years old, her son Dennis had suffered a cold for weeks. He was fatigued, had an ear infection, was pale and had bruising in odd places.

Although Gudbranson knew something was wrong, she wasn't prepared for the diagnosis in April 2004 — cancer.

Acute myeloid leukemia, to be exact.

"I never expected it in a thousand years," she said.

After six months of treatment — including five rounds of chemotherapy at the Children's Hospital of Eastern Ontario, a relapse and a bone marrow transplant, Dennis, now 11, has been in remission for more than three years.

Mother and son were on hand to share their story as CHEO physicians announced a $1-million investment to kick off an initiative to raise $25 million for clinical research and updated equipment at the hospital.

"I think this is amazing," said Gudbranson of Big Steps. "It will allow children to receive treatment in Ottawa, taking away the stress of travelling for treatment.

"We have amazing minds here," Gudbranson said. "And if we had the money, we could get the equipment and the treatment."

That's what this campaign is about, CHEO CEO Michel Bilodeau said. The campaign will raise money for research and equipment, so that physicians will have the tools to provide the best care possible, he said.

Of the $25 million, $15 million will go to research and $10 million to state-of-the-art technology.

"It's important that physicians and staff support these goals," Bilodeau said.

"As physicians, we know that a thriving research environment will lead to better quality of care for children and youth," said Dr. Carrol Pitters, chairwoman of the Children's Hospital Academic Medical Organization. "The children and youth at CHEO will be the first to benefit from new discoveries and treatments."

Research is essential to understanding pediatric disease, said director of clinical research and emergency physician Dr. Martin Osmond. "And equipment and the latest techniques will allow CHEO to remain on the forefront."

TRACEY TONG/METRO OTTAWA

Ottawa resident Donna Gudbranson, with her son Dennis, speaks at the launch of a $25-million fundraising initiative for the Children's Hospital of Eastern Ontario yesterday.

67's honour military families

HOCKEY More than 700 members of the Canadian Forces and their families are expected to attend the Ottawa Civic Centre tomorrow night when the Ottawa 67's take on the Kitchener Rangers.

The team's seventh annual event will provide CF families with a night out and give 67's fans a chance to show their appreciation for CF members. METRO OTTAWA

TIM WIECLAWSKI/METRO OTTAWA

Julie Breeze, David Burton, Mike Beavington and Feliks Welfeld, from left, protest OC Transpo's decision to reject their ad campaign stating, "There's probably no God, now stop worrying and enjoy your life."

Atheist ads on OC Transpo in limbo

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

PROTEST An Atheist advertising campaign will spend a few weeks in limbo after the transit committee deadlocked on a vote on whether to allow ads to run on city buses.

The ads by the Humanist Association of Ottawa, stating "There's probably no God, now stop worrying and enjoy your life," were rejected last week.

Transit committee chairman Alex Cullen had attempted to overturn the decision and pledged to bring it to city council in early March as a separate motion.

Humanist Julie Breeze said she was disappointed that the decision was not overturned, but said she intended to keep fighting.

"The ads that we are proposing are not intended to offend," she said. "We're hoping that these ads will let other non-believers know that they are not alone. It's not an easy thing to be an atheist surrounded by a sea of believers."

However, Theresa Milligan argued against the ads, saying that it goes beyond freedom of speech.

"When statements are said that God probably does not exist, this is an implied statement of hatred towards all those who do believe that God exists."

Mercier said OC Transpo permits run advertisements informing people of the date, time and place of religious gatherings or events. Ads promoting a specific dogma that might be prejudicial or offensive to other groups using the transit system are not permitted.

Mercier said they felt the language of the ads were specific enough to attract religious debate and likely polarize members of the community.

Local author recounts his global travels

TRACEY TONG
tracey.tong@metronews.ca

BOOK Even in a time of recession, living the life of a globetrotter is possible.

"If there's a will, there's a way," Matt Hamilton said. "There's always work to be found. The work may not be glorious, but in places like Thailand and India, the Canadian dollar can go further.

"You just have to be creative."

The 35-year-old Ottawa resident knows, because he did it.

Matt Hamilton

Years ago, after graduating from Queen's University, Hamilton fell into an insurance job. Unhappy with life, he decided to get out.

Without having planned so much as where he was staying that night, he bought a one-way ticket to Glasgow.

"I made a decision to travel the world," he said. "I didn't know whether it would take two months or two years."

Ten years later, he'd crisscrossed Europe, been to Greece, the Czech Republic, Austria, Spain, South Africa, Asia and the Middle East.

He stayed in a cave, a brothel and a five-star condo, and worked odd jobs, once finding himself the unwitting employee of a notorious British gangster.

"It was definitely a different environment from growing up in Nepean," he joked.

Hamilton recently documented his travels in his first book, Through Travel and Error, and has been giving readings across the city since. Already working on a sequel, he doesn't expect he'll ever run out of fodder.

"I think I'll be travelling for the rest of my life."

metronews.ca
WHAT'S ONLINE TODAY

Analysis Criminologist suspects a drug market recession is behind B.C. gang violence surge at **metronews.ca/canada**

Videos Obamamania washes over Ottawa and Michael Ignatieff is upset over restrictions placed on his meeting with the president at **metronews.ca/canada**

Lotteries

Lotto 6/49: 11, 17, 34, 37, 41 & 49. Bonus 5.
Ontario 49: 4, 18, 26, 29, 41 & 45. Bonus 15.
Ontario Pick 3: 2 5 7; **Ontario Pick 4 :** 6 4 0 0
Encore: 7135444
Daily Keno: 4, 7, 9, 15, 21, 24, 25, 27, 31, 32, 33, 38, 41, 43, 45, 49, 51, 60, 61, 62.
These results are not official.

News in brief

TRAFFIC Yesterday afternoon's snowfall wreaked havoc with traffic, causing about a dozen collisions in a two-hour period. Ottawa paramedics attended 10 calls in the afternoon rush hour, said paramedic spokesman J.P. Trottier. METRO OTTAWA

'Baby touristing' on the rise, doctors say

Quebec doctors say they're seeing an increasing number of pregnant women from other countries visiting Montreal on vacation just to deliver their babies, a strategy known as "baby touristing." The practice is promoted on some international websites and blogs as a way to get automatic Canadian citizenship for children. **CBC NEWS ONLINE**

Canada

Meat-packing dispute looming?

A U.S. proposal for unofficial changes to country-of-origin labels on meat sold in U.S. stores may re-ignite a cattle trade dispute with Canada, two farm lobbyists said yesterday. Canada shelved a World Trade complaint last month in the belief that U.S. rules would give packers more flexibility. It had charged the U.S. labelling law was a trade barrier that depressed prices for Canadian livestock. REUTERS

15 minutes at the airport for Iggy

OBAMA Liberals are accusing Prime Minister Stephen Harper of snubbing Michael Ignatieff after it emerged that President Barack Obama's traditional meeting with the parliamentary Opposition leader has been relegated to a 15-minute chat in a holding room at the Ottawa airport.

TORSTAR NEWS SERVICE

News in brief

NAFTA Critics of the North American Free Trade Agreement say they do not expect President Barack Obama to leave Ottawa today with a blueprint to fulfill his promise to renegotiate the pact. While NAFTA is on the agenda for the visit with Prime Minister Stephen Harper, the short sessions will allow little time for detailed discussion.

REUTERS

U.S. president arrives today

Obama's Visit

Security will be tight around Ottawa today during the first official foreign visit Barack Obama makes as U.S. president, with several potential routes for his motorcade already closed to traffic and lined with barricades as of early this morning.

Obama will hold no public events — although fans have planned a concert and a symbolic bridge walk of their own in addition to the big rally on the lawn — as he and his advisers meet with Prime Minister Stephen Harper.

The two men are expected to focus on the economy and trade, the war in Afghanistan, the environment and other issues where the two countries share common ground.

Snowfall after an appreciated thaw will help Ottawa live up to its name as the snowiest national capital in the world, but it should not bother Obama too much — and not just because he claims to be able to handle winter weather better than his new neighbours in Washington, D.C.

"There certainly will be a lot of white stuff on the ground," said Peter Kimbell, a warning preparedness meteorologist with Environment Canada. "Pleasant for him to look at kind of thing, but not too bad in terms of impeding his visit."

TORSTAR NEWS SERVICE

JIM YOUNG/REUTERS

A House of Commons worker carries an American flag in the Hall of Honour yesterday in preparation for the arrival of U.S. President Barack Obama in Ottawa. Obama will visit the Canadian capital today on his first foreign trip since becoming president.

Protectionism risky, Harper says on CNN

POLITICS On the eve of a visit by U.S. President Barack Obama, Prime Minister Stephen Harper has warned Americans that protectionist moves on trade risk a worldwide depression. "This is a huge risk to the world right now. If there is one thing that could turn a recession into a depression, it is protectionist measures across the world," Harper said in an interview with CNN yesterday.

With Obama making a highly anticipated visit to Ottawa today, Harper used his interview to deliver a pointed message to an American audience, saying that the Buy American provisions in the U.S. stimulus package "have been a concern worldwide."

TORSTAR NEWS SERVICE

Clinique

dramatically different
moisturizing lotion,
125 mL.
$29

"Dramatically Different Moisturizing Lotion is lightweight, absorbs quickly and simply makes your skin look and feel healthy. Best of all it's Allergy Tested, 100% Fragrance Free and it speaks to what your skin really wants. I adore this product!"

— Ashley Plecas,
Sears Clinique Beauty Advisor

get a smooth on

hydrate by day

Biotherm Aquasource Non stop Oligo-thermal gel intense moisturization, 50 mL. **$44**

Burt's Bees Radiance Day Cream with royal jelly. **23.99**

Lancôme Bienfait Multi-Vital SPF 30, 50 mL. **$58**

rejuvenate by night

Elizabeth Arden INTERVENE
Stress Recovery Night Cream, 50 mL. **$65**

H2O Night Oasis Oxygenating rejuvenator, 50 mL. **$52**

Clarins Hydra Quench Lotion SPF 15, 50 mL. **$48**

look & feel younger

Shiseido Benefiance Revitalizing Cream, 40 mL. **$65**

Estée Lauder Time Zone
Line and Wrinkle Reducing Cream SPF 15, 30 mL. **$67**

Guerlain Super Aqua-Serum, 30 mL. **$135**

Visit your nearest Sears Cosmetic Counter today and book your complimentary skincare consultation with sampling included.

©2009 Sears Canada Inc.

beauty
...i recommend

Sears

NE023C109

Boy marries dog to ward off tiger attacks
An infant boy was married off to his neighbours' dog in Bhubaneswar, India, by villagers, who said it will stop the groom from being killed by wild animals, officials said yesterday. REUTERS

World/Business

Baby buying charges laid

Brother says U.S. couple held in Egypt suffered infertility

A U.S. couple held in Egypt on charges of buying two newborn babies — a boy and a girl — had long suffered from infertility and dreamed of children who would share their mother's Egyptian heritage, a family member said.

The couple, Louis Andros and Iris Botros, travelled to Egypt last year to adopt the infants and bring them to their home in North Carolina, where they own a Greek restaurant.

They did not realize there was no legal way for them to adopt in Egypt, the family member said.

"They were so happy. They were crazy happy," Shawn Botros, Iris' brother, said in a telephone interview.

"Somebody called them from Egypt ... and said, 'We found kids for you to adopt.' She (Iris) went to Egypt. She didn't do any research.

"She is the type of person who does not think ahead of the situation ... They called me from Egypt, they were so happy. They got the kids. The kids were beautiful."

> **"They were so happy. They were crazy happy."**
> Shawn Botros, family member

The couple named the children Alexander and Victoria, and Louis referred to the baby girl as his "little princess."

Then everything changed.

The couple was arrested and jailed in Egypt, charged with buying the children and obtaining forged birth certificates.

Their lawyer, Sameh Ahmed Saleh, said the pair had been in contact with an official from a Christian orphanage who Iris believed would help them adopt the three-month-old babies. He said the woman, Mariam Rizkallah, had given the couple forged birth certificates listing Iris and Louis as the parents.

Rizkallah is also in jail, awaiting trial in the same case. REUTERS

News in brief

CAMBODIA Lawyers at the trial of Duch, Pol Pot's chief torturer, argued yesterday over the admissibility of footage taken by Vietnamese soldiers inside his torture centre after they ousted the Khmer Rouge from power in 1979, Reuters reports.

VATICAN CITY Pope Benedict XVI, underscoring the Vatican's ruling on abortion, told U.S. House Speaker Nancy Pelosi yesterday that Catholic legislators cannot back abortion rights, Reuters reports.

MIDDLE EAST Israel decided yesterday against lifting its border blockade of the Gaza Strip until Hamas agreed to the release of a captured Israeli soldier, putting a ceasefire proposal by Egypt on hold, Reuters reports.

U.K. The jury in the trial of eight men accused of conspiring to murder by blowing up airliners was discharged yesterday for "legal reasons," BBC News Online reports. A new jury will be sworn in at a later date. METRO NEWS SERVICES

Brussels **Faceless protest**

FRANCOIS LENOIR/REUTERS

Peace activists and Czech mayors hold banners to protest against the U.S. missile shield program during a march in front of the EU Parliament in Brussels yesterday. The U.S. wants to install the radar system in Poland and the Czech Republic to counter "rogue" states such as Iran.

Allies take hit over Afghan opium trade

DRUGS Afghanistan's allies can and must do more to combat the smuggling of chemicals used to make heroin into Afghanistan, the world's largest opium producer and exporter, the counter narcotics minister said yesterday.

"Let's work together against precursors," General Khodaidad told an international security conference, referring to chemicals used to turn opium into highly addictive heroin.

Afghanistan's poppy fields produce most of the world's opium, but Afghan officials say drug traffickers are increasingly using chemicals to convert it into heroin before it is shipped abroad, producing even greater profits for Afghan drug traffickers. REUTERS

Business

Auto bankruptcy still viable: Experts

A government-backed bankruptcy reorganization remains an option for saving General Motors Corp. and Chrysler LLC, analysts said yesterday, even though the automakers have said they would rather not go down that road.

GM and Chrysler asked for billions of dollars more in federal aid Tuesday and announced sweeping changes, including capacity reductions and job cuts.

Some Wall Street analysts were disappointed that the restructuring plans submitted to the U.S. Treasury did not include key concessions from the United Auto Workers union and the automakers' bondholders.

One analyst said that taking the bankruptcy option off the table would reduce the bargaining power of the companies.

David Leiker, analyst with Robert W. Baird, still sees bankruptcy as the best option for a reorganization. "We continue to believe that the challenges to restructuring GM and Chrysler are too complicated to be met outside of a bankruptcy," he said. REUTERS

Bankruptcy bills

- GM estimated that if it were forced to reorganize in a traditional bankruptcy, it could cost the government $100 billion US.
- Chrysler estimated that the bill for its bankruptcy could hit $1,200 for each American taxpayer.

Obama unveils foreclosure plan

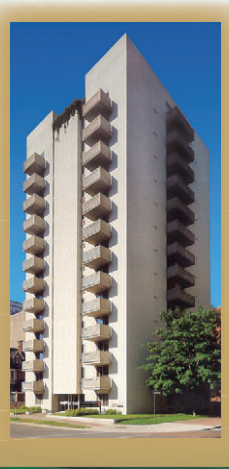
HOUSING U.S. President Barack Obama pledged up to $275 billion US yesterday to help stem a wave of home foreclosures that sparked the U.S. financial meltdown, the next phase in an effort to lift the country out of recession.

Obama's strategy has three components: A $75-billion fund would subsidize homeowners; housing finance companies Fannie Mae and Freddie Mac may invest a further $100 billion in mortgages; and Washington may inject a further $100 billion into each of the mortgage giants, protecting them from losses. REUTERS

Business in brief

MEDIA Commercial printer Transcontinental Inc. is slashing 1,500 jobs -- or about 10 per cent of its workforce -- as a "rapid deterioration" of the economy forces its customers to cut back on marketing spending, it announced yesterday. REUTERS

The Cartier Place
SUITE HOTEL & RESIDENCES
Downtown Ottawa
180 Cooper Street
T: 613-236-5000
F: 613-238-3842
For Reservations:
1-800-236-8399



SuiteDreams.com
It's Your Retirement Lifestyle!

Located downtown in a residential neighbourhood along the Rideau Canal

- 72 spacious suites with kitchens.
- Special monthly rates & meal packages.
- Social events and activities.
- Fitness room.
- Maid and laundry service.
- Dining room with room service.
- Hi-speed Internet.
- Indoor pool, whirlpool, sauna.
- Outdoor patio & shuffleboard.
- Family owned & operated.

CANADA'S ECONOMIC ACTION PLAN

The Government of Canada's proposed Economic Action Plan contains new measures that may benefit you.

To help Canadian workers, the Action Plan provides more support for Employment Insurance (EI) programs and more investment in training programs so that Canadians can get the in-demand skills and expertise they need for the jobs of today and the future.

Strengthening benefits for Canadian workers

- ✓ Increasing EI regular benefit entitlements across the country by five additional weeks and raising the maximum entitlement from 45 to 50 weeks
- ✓ Extending EI benefits for unemployed workers who have been in one industry for many years and now need long-term training
- ✓ Extending work-sharing agreements by 14 weeks to a maximum of 52 weeks to help employers and workers avert temporary layoffs
- ✓ Increasing funding to provinces and territories to help them provide training programs for more Canadians
- ✓ Helping new Canadians with foreign professional credentials to find jobs in their fields

Canada's Economic Action Plan

www.actionplan.gc.ca

1 800 O-Canada (1-800-622-6232)
TTY: 1-800-926-9105

Government of Canada / Gouvernement du Canada

Canada

LOCAL
Managing Editor, Tracey Tong
Sales Manager, Dara Mottahed
Distribution Manager, Bernie Horton
NATIONAL
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Art Director, Laila Hakim
Interactive/Mrktng Director, Jodi Brown

Comment & Views

Comment

Obligation not celebration

Home&Abroad

Andrew Cohen
Canada & world insight

Obama's**Visit**

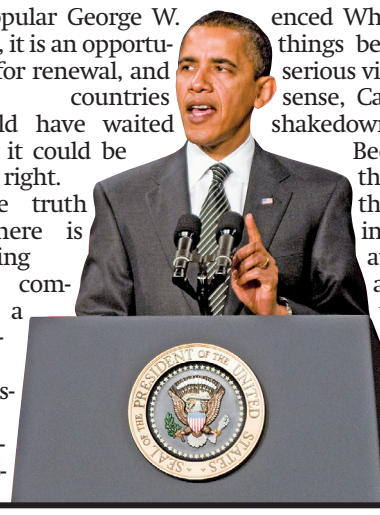
Barack Obama comes to Ottawa today, and you have to wonder why. He will see nothing of the capital and the capital will see nothing of him.

This supernova will be little more than a flash across our northern sky. His visit is as perfunctory as a campaign stop. The tone and timing is more about domestic politics and presidential logistics than bilateral relations.

Why leave Washington at all? For all that he and Stephen Harper are doing in public today, they could have talked over a webcam. Or a BlackBerry.

The answer is this visit is more obligation than celebration. The U.S. president thinks he should make his first foreign trip to Canada, which isn't necessarily the tradition, but is still something we should honour and appreciate.

Sadly, the visit isn't a celebration of a successful relationship between peoples who are more alike than any two on Earth. After the unpopular George W. Bush, it is an opportunity for renewal, and both countries should have waited until it could be done right.



The truth is there is nothing that compels a president to visit Canada today, in the midst of an economic crisis. When Americans think of Canada, there is "no fierce urgency of now."

Simply put, Obama is coming to Canada because it is convenient. It allows him to say that he came here to meet his counterpart, exchange pleasantries, do some business and fly home for supper.

It also allows his inexperienced White House to test things before he makes a serious visit abroad. In that sense, Canada is Obama's shakedown cruise.

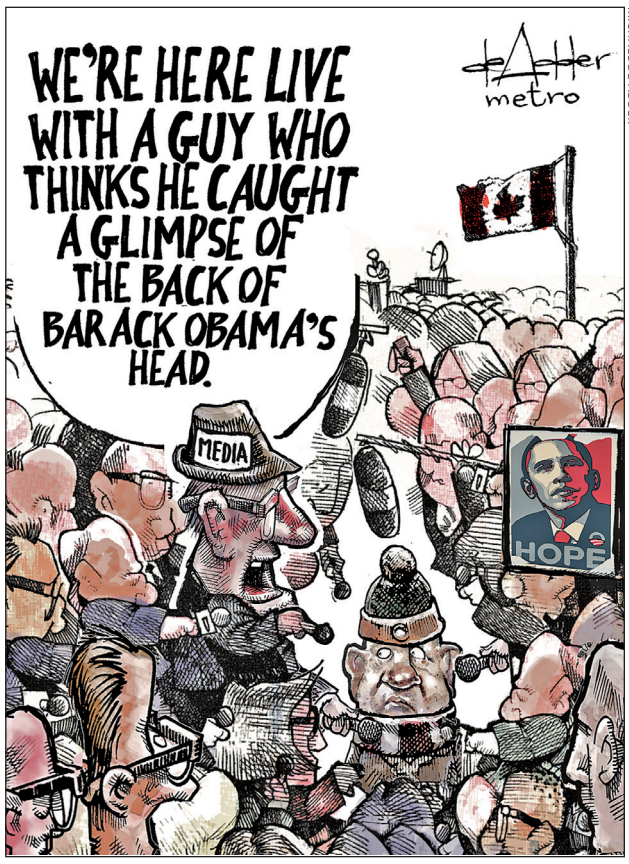
Because he frets that Americans will think he isn't taking care of business at home, this isn't a state visit. He won't stay overnight. He won't bring his wife. He won't sip champagne at a banquet with the Governor General (who, desperate to see him, will appear at the airport).

Most important, the U.S. president won't address Parliament. He wants his first major speech to be to Congress later this month.

For his part, Harper knows that Obama is much more popular than he is. He knows the U.S. president will challenge him on the environment. And he worries Obama could emerge as a third force in Canadian politics, aligning himself with the opposition here.

So, a lightning visit by a phantom president discharging a diplomatic duty suits Prime Minister Harper as much as it does President Obama. Canadians are the losers.

Andrew Cohen, a professor and journalist, is the author of Extraordinary Canadians: Lester B. Pearson.



MICHAEL DE ADDER

Views

Canada: A cult with fetish for the past

TheWestView

Paul Sullivan
Journalist & media consultant

Feelings are still a little raw in this young nation of ours ... We're not ready to make nice, I guess.

The National Battlefields Commission has cancelled the 250th re-enactment of the Battle of the Plains of Abraham scheduled for this coming August.

I don't know whether to laugh or cry.

First, I didn't know some of the few taxpayer dollars I have left go to something called The National Battlefields Commission, and have, apparently, since 1908.

Second, call me crazy, but is it a good idea to rub salt in what is still a raw wound in the body politic of what was New France? It would be like the good people of Manitoba and Saskatchewan reenacting the hanging of Louis Riel. Feelings are still a little raw in this young nation of ours — or, if you prefer — in these young nations of ours. We're not ready to make nice, I guess.

It's hard to tell who's the real villain here: Les Idiots at the Commission who thought it would be swell to have a masked ball and other frivolity to commemorate the defeat of the French and the deaths of opposing generals Wolfe and Montcalm.

Then there's the Réseau de Résistance du Québec, a group of fierce separatists who promised to kick some ass if the re-enactment took place.

Fearing a more authentic replay of the battle than it bargained for, the Commission whipped out the white flag it keeps on hand for such occasions and "Je me Souviens" became "Fuhgeddaboudit" quick march.

Someone pointed out there was a similar enactment 10 years ago under the Parti Quebecois and nobody complained. I guess it's OK to re-stage your own defeat, but it hurts when les maudits Tories try it.

Moi, I think they should indeed re-enact the Battle of the Plains of Abraham, but I think they should hold it at night, because much of what happens in Canada involving the Two Solitudes reminds me of these lines from the great Matthew Arnold poem Dover Beach, one of the saddest in any official language:

"Ah, love, let us be true
To one another! for the world, which seems
To lie before us like a land of dreams,
So various, so beautiful, so new,
Hath really neither joy, nor love, nor light,
Nor certitude, nor peace, nor help for pain;
And we are here as on a darkling plain
Swept with confused alarms of struggle and flight,
Where ignorant armies clash by night."

One day, perhaps in another 250 years, we'll be able to put it all behind us, and build a Canada that is no longer a cult with a fetish for the past. Now that would be worth celebrating.

Paul Sullivan is a Vancouver-based journalist, owner of Sullivan Media consulting, and editor-in-chief of Orato.com, the citizen news website.

Letters

Getting high makes you more careful, says study

Another one of the overhyped stereotypes around marijuana users has just bitten the dust. For years people assumed getting "stoned" made you either lazy or careless. But what if marijuana use actually made you more careful and less likely to screw up and hurt yourself?

A new Swiss study published at Bio-Med Central concludes exactly that. Marijuana can protect you from injury. The study compared injuries that required hospitalization. The authors' conclusions were surprising. Marijuana use is not associated with increased risk of injury — marijuana users actually get injured less than sober people. "The results for cannabis use were quite surprising. The present study in fact indicated a protective effect of cannabis use in a dose-response relationship."

"Great news," proclaimed Prince of Pot Marc Emery. "We've said for years that marijuana users are responsible and productive members of society."

The authors of the study agreed, speculating that the effects of marijuana, in contrast to alcohol, make you more likely to avoid risky situations.

JACOB HUNTER, VANCOUVER

Helping children survive

We can't imagine several hundred Canadian preschool children dying every single day, can we? Unfortunately, this is the situation in many other regions of the world. According to UNICEF, 9.2 million children under the age of five, or 25,000, succumb daily to a host of health challenges. The causes of death vary, but the root cause is almost always extreme poverty.

Canada has been a leader in providing basic immunizations in countries around the world, and the single largest distributor of insecticide to treat bed nets. These targeted realizations are praiseworthy, but they don't seriously fight extreme poverty. To be more effective in the war against poverty, our country must also work towards the true emergence of our democracy and other democracies in the world.

BRUNO MARQUIS, GATINEAU, QUE.

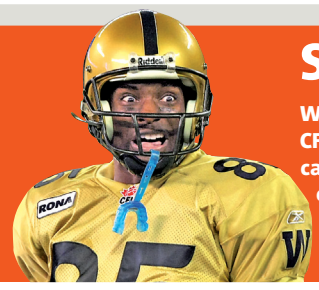
ShareYourViews
ottawaletters@metronews.ca

It's your turn to tell others what you think. Email your thoughts and opinions to: ottawaletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Report: Griffey to return to Seattle

Ken Griffey Jr. has apparently decided to return to the Seattle Mariners. Reports last night say the deal came after an agreement with the Atlanta Braves fell through. Griffey enjoyed the best years of his career in Seattle, from 1989 to '99. **METRO NEWS SERVICES**

Sports



Stegall hangs up the spikes

Winnipeg Blue Bombers receiver Milt Stegall retired yesterday as the CFL's all-time leader for touchdowns (147), TD receptions (144) and career receiving yards (15,153). Stegall, who spent his entrie 14-year career with the Bombers, also holds CFL records for most TDs in a season (23 in 2002). The 39-year-old will join TSN as an analyst.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Hoops and pucks

John Chick
john.chick@metronews.ca

One leader is an African-American christened by many as charismatic force for change who plans to turn the White House bowling alley into a basketball court. The other is an Anglo-Canadian maligned by many for stiffness who has been talking about writing a book on hockey history for at least three years.

So let's put aside dealing with the minutia of the worst economic crisis of our lifetime, and talk about what Obama and Harper will likely at least touch on at some point today — sports — specifically hockey and basketball.

Sure one's a Democrat and the other a Conservative, but will they have anything in common sportswise?

It's hard not to find two sports more vastly different than hockey and basketball. Even though NHL and NBA seasons mirror each other and teams from each league share 10 arenas across North America, the culture of the sports differ greatly.

Hardwood vs. ice. Flair vs. grit. At last count, the NHL was 96.6 per cent Caucasian, while the NBA was 77 per cent Black. Just ask certain Maple Leaf fans what they think about the Raptors sometime.

Yet why does each sport suffer popularity issues in the other country?

In the U.S., the answer is clearer. South of the Mason-Dixon line, hockey has no relevance, mostly because of the absence of ice. It may not have stopped Gary Bettman and the NHL from expanding ad nauseam into the sun/Bible/non-hockey belt, but most kids outside New England, Michigan and Minnesota don't grow up playing it and therefore lack connection to it.

The same can't be said in Canada. It would be impossible to find a school in the country without at least two basketball nets, and an aimless drive through suburbia would find rims and backboards on a large number of driveways.

Yet outside a handful of communities, the game takes a far back seat to hockey and paltry TV ratings outside Toronto and other areas helps drive the Canadian media's hyperbolic obsession with puck.

"People can relate to the average hockey player because the athletes come as much from small town Canada than any large urban centre," says Robert Schinke, associate professor at Laurentian University and co-author of a book called Cultural Sport Psychology.

The USA's Olympic hockey win over the USSR in 1980 consistently ranks as one of the greatest sporting moments in American history. Plus, it likely paved the way for cinematic masterpieces like Rocky IV.

Meanwhile, at the 1983 World University Games in Edmonton, the Canadian men's basketball team stunned a U.S. squad featuring Charles Barkley and Karl Malone en route to a gold medal. Unlike the Miracle on Ice stateside, it's barely remembered in Canada, and today the first five hits of a Google search titled "Canada USA basketball 1983" brings up nothing related to the actual event.

But the process of getting basketball back to respectability in Canada is hopefully changing.

"We've taken steps in the right direction," says Toronto Raptors broadcaster and former national team player Sherman Hamilton.

"Nothing's perfect yet because the product's not finished ... but I think it's really started at the grassroots level."

And while like many others, Hamilton concedes that there needs to be a bigger financial commitment from both governments and the business community, success itself can go a long way.

"Once our players reach maturity they have to win."

Obama's Visit

B-ball upsides

- Shaquille O'Neal
- Hops, dunks
- Nicknames that don't simply add a "y" or "er" to the end of a player's surname

Even money

- Head-to-head, Harper probably spells H-O-R-S-E faster than you can say "Afghanistan." But while lacking a signature move such as the Shawinigan Handshake, Harper likely gets Obama back in road hockey with blazing wristshot.

Hockey upsides

- Alex Ovechkin
- Can usually expect every player to bust their butt
- Stanley Cup much nicer than Larry O'Brien trophy

Sports in brief

NBA Los Angeles Clippers forward Zach Randolph has been suspended two games without pay, the NBA announced yesterday, for striking Phoenix's Louis Amundson in the face Tuesday. The incident occurred with 32.3 seconds left in the first quarter of the game, a 140-100 win for the Suns.

NBA Houston Rockets guard Tracy McGrady will miss the remainder of the season and will have microfracture surgery on his injured left knee.

METRO NEWS SERVICES

SOCCER Wayne Rooney scored on his return from injury as Manchester United crushed Fulham 3-0 at Old Trafford yesterday to surge five points clear of Liverpool at the top of the Premier League. **REUTERS**

For more sports coverage, visit us online at www.metronews.ca/sports

Become a Certified Teacher

SUNY Potsdam offers **teacher certification programs,** full time on campus and part time in Ottawa.

- Program entry requires bachelor's degree with competitive grades.
- Students are placed in Ontario for student teaching.

Accepting applications for the Master of Science in Teaching (MST):

OFF-CAMPUS PROGRAM (Ottawa):
visit www.potsdam.edu/ottawa

Childhood Instruction (Primary/Jr. Divisions)
begins August 2009

ON-CAMPUS PROGRAMS:

Childhood Education (Primary/Jr. Divisions)
begins May 2009, August 2009, January 2010

Adolescence Education (Intermediate/Sr. Divisions)
begins May 2009: Math, Science, Social Studies /
begins August 2009: English

INFORMATION SESSIONS (all sessions begin at 7 pm)

- **Feb. 24, 2009 • April 7, 2009**
  Best Western Fireside Inn,
  1217 Princess Street, Kingston
- **Feb. 26, 2009 • April 8, 2009**
  Ottawa Catholic School Board
  (Board Room), 570 West Hunt
  Club Road

Make your reservation by calling or e-mailing:
1-800-458-1142 (ext. 1)
graduate@potsdam.edu

Driving time to Potsdam from:
Kingston (115 min.) • Brockville (65 min.)
Ottawa (100 min.)

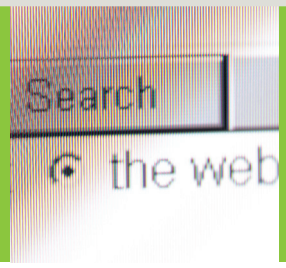
Potsdam
THE STATE UNIVERSITY OF NEW YORK

www.potsdam.edu/academics/GradStudies

Asian consumers take to online shopping

From dresses to handbags, diamonds and music downloads, Asian consumers are taking their shopping online. The region's e-commerce sales are expected to rise about 20 per cent a year, with opportunity for growth due to an expanding population that has Internet access. **REUTERS**

Tech Now



Keyword: Obama

Web search requests for U.S. President Barack Obama have retreated to the level seen a year ago. The top three nations seeking Obama information are Rwanda, Haiti and Ethiopia. The top search request is for Obama on YouTube. SOURCE: GOOGLE

Obama's pioneering online presence

TechNow

Paul Brent

technow@ctv.ca

U.S. President Barack Obama used the Internet like no politician before to help win the presidential race.

Since taking office, he gained permission to carry a Blackberry — albeit one with beefed up security — because he felt it important to use the mobile device to talk to people outside the White House world.

If you won't get a chance to catch a glimpse of him today in Ottawa, then consider his online presence. He's still there, but oh, things have changed.

Let's start at white house.gov. This is the official site of the president and on the day of his inauguration the site received an upgrade including its first blog. Obama's staff includes a director of new media who has been writing some of the blog material. Obama comments are only his official statements. The site also includes one thing promised by Obama, the posting of legislation for five days to allow public comment before he takes any action.

Moving on, there is recovery.gov which focuses on the details of the multi-billion dollar stimulus program — delivering his political message directly to the masses.

GETTY IMAGES

U.S. President Barack Obama has pushed the U.S. government into the 21st century with his online initiatives.

On his Facebook page, there are 5.4 million "supporters" and a constant stream of messages posted by those wishing him well — but Obama's last message is from a month ago. The same story at his MySpace page; and Twitter postings all stopped shortly before inauguration day.

On the unofficial obamabarack.blogspot.com, there's a steady stream of political postings about the president's activities while at barackobama.com the site starts with a request for a donation to the Democratic Party and continues in a partisan vein. The president's YouTube channel is humming, with nearly 2,000 videos of his political speeches.

In all you can find his trail on more than a dozen social networking sites yet current efforts are focused on the White House site and YouTube.

Blogger interest has dropped off. Daily postings with his name are now running at about 4,000 to 5,000 a day according to Technorati. At the time of his inauguration, it was about 30,000 a day.

By the way, our prime minister gets about the same number of blog mentions per day as the Ottawa Senators.

Website of the week

tweetag.com

It allows for fast search of the Twitter conversations on the go and glance at the top 40 subjects.

Upcoming show

This Sunday one of the stories on Tech Now will be a look at voice mail hell — why it can be bad for business and consumers.

Be sure to watch Tech Now this Sunday as part of the CTV NEWS at 6 p.m.

ALGONQUIN COLLEGE

Autism and Behavioural Science *and* **Behaviour Analysis and Interventions**

FREE INFORMATION SESSION

Algonquin College's School of Part-time Studies is offering the Autism and Behavioural Science* graduate certificate and a Behaviour Analysis and Interventions certificate.

Courses are available both online and on campus providing maximum learning flexibility.

Join us for a free information session:
Date: **Tuesday, February 24, 2009**
Time: **6:00 – 7:30 p.m.**
Room: **P-303, Woodroffe Campus**

* *The Autism program requires an application. Forms will be available at the session.*

algonquincollege.com/onCourse

QUESTIONS? Contact Julie Caissie at 613-727-4723 ext. 1457 or *caissij@algonquincollege.com*

ALGONQUIN COLLEGE

TECH NOW
WITH PAUL BRENT

Sundays 6:00
OTTAWA'S NEWS LEADER

CTV NEWS

ctvottawa.ca

A new way to mix or blend things up when there isn't a blender in sight
The Blender Bottle is perfect for protein shakes, pancake mix, eggs, salad dressings, etc. Just drop the steel wire whisk BlenderBall into the cup, screw on the top and shake it until your ingredients are completely mixed. Check it out at dormbuys.com. METRO NEWS SERVICES

Metro Homes

Dorm storage
A leftover pizza box can take up tons of room in the refrigerator. Now there's a functional new way to store the remaining slices. The 2 slice Pizzapartment conveniently holds the leftover pizza. See dormbuys.com METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

2009: The year of the reno

HomeScape

Argh! The news at the beginning of the month that Ottawa is now offering a Home Renovation Tax Credit (HRTC) left me feeling as if I'd just missed the last boat to financial salvation.

I was just too late. We finished renovations more or less on my old homestead last fall, but the tax credit applies only to work performed or goods acquired between Jan. 27, 2009 and Feb. 1, 2010.

I started investigating a little more and found that missing out on the tax credit is perhaps not as devastating as I had initially thought. It's worth 15 per cent to a maximum of $1,350 on a project costing over $1,000 to a maximum of $10,000.

If you're doing a reno in the next year, and your project costs around the $10,000 mark, you'll maximize the savings from this particular program, and I'm willing to bet that you'll be a happy camper once the 2009 tax assessments start coming back.

The tax credits apply to "enduring" home improvements, which covers a lot. It can apply to redoing a kitchen, refinishing a basement, installing a new furnace, windows, carpeting, flooring and resurfacing a driveway. The credit does not apply to appliances, furniture or routine maintenance. You can claim the tax credit on a home, cottage or condo unit owned for personal use. And remember that the work has a deadline; it must be complete before Feb. 1, 2010. Go to cra-arc.gc.ca or fin.gc.ca for more information.

But there are other reasons for good cheer when it comes to contemplating doing renos over the next year. There are several federal departments and levels of government that offer programs that could be financially helpful to you if you are an aspiring renovator, especially if you are undertaking improvements that save on energy or water use in your home.

Thinking of taking advantage of the new tax credit for home renovations? The kitchen is a great place to start.

For example, the EcoEnergy Retrofit Homes Program can save you up to $5,000 per household. No, it won't contribute money for granite countertops, but it will reimburse you for projects that involve improving your heating system, ventilation, hot water system, air conditioning, insulation, air sealing, replacing doors, windows or skylights, or conserving water with toilets that use less water, for example.

But don't just launch into it without taking a look at the requirements. You must first hire a qualified energy advisor to perform an energy evaluation of your home, and the eligible improvements flow from this. See ecoaction.gc.ca or phone 1-800-622-6232.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Saving options

- The Ontario Home Energy Savings Program (homeenergyontario.ca), requires you to do a Home Energy Audit to find your home's energy leaks and identify renovations that can lower your energy bills.
- The Ontario Power Authority offers rebates if you are replacing your old central air conditioning or heating systems with Energy Star qualified modals. See powerauthority.on.ca for further information.
- Enbridge Gas Authority (egd.enbridge.com) offers rebates on programmable thermostats ($15), water heater for new customers ($50), and Energy Star Natural Gas Heating system Upgrades ($100).

Dupré is the new Lewinsky
Ashley Dupré, the escort involved in the Eliot Spitzer scandal, caused a fracas at New York Fashion Week. She crashed designer Yigal Azrouël's fashion show last Friday and sat in the front row, causing the designer to come apart at the seams in the media. **TORSTAR NEWS SERVICE**

Style

From Wu who? to Who's Who

When 26-year-old fashion designer Jason Wu realized last month that he had designed what could become the gown of the century — Michelle Obama's white chiffon inaugural ball gown — he must have known his life could change forever. Now the designer's fall 2009 show, held during New York Fashion Week, was one of the most coveted invitations, right up there with Marc Jacobs.

TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Jump into a one-piece

Style **File**

Kim Elbo

kim.elbo@gmail.com

ask kim

I recently started nursing school and I'm looking for scrubs; where can I go to buy some?

There are several big retail stores that carry healthwear uniforms. Try Sears and Wal-Mart for general and inexpensive scrubs or go to Mark's Work Wearhouse for a wide variety in styles and patterns. If you like to keep things fashionable, check out Chi Couture Uniforms. They carry comfortable and flattering uniforms that can also be worn outside the hospital. (mychi.ca).

Email your style questions to kim.elbo@gmail.com.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

Shop Suit
Designer: H&M
Shop: H&M
Address: Various locations
hm.com

Overall
Designer: Mavi
Shop: Mavi
Address: Various locations
mavi.com

Tube Romper
Designer: Lav & Kush
Shop: Vasanji
lavandkush.com

Jumpsuits

When the weather starts getting warmer, girls will be jumping into these suits. It's all about the one-piece look that designers and buyers have opted for this season. The jumpsuit can look a little too monochromatic, so break up the colour with accessories. Pair your rompers with beautiful braided leather belts or long layered necklaces. Not sure what footwear to match with it? Try a gladiator sandal or a cute cork wedge.

accessory

This week Canadian artist Jeff Hamada will be debuting his Chuck Taylor All-Star shoe he designed for the Converse 1HUND(RED) Artist collaboration series. Ten per cent of the net wholesale price going to the Global Fund, $70. Available at various retailers (converse.com).

tip: Clothing moths are dark in colour. If you spot them, air all clothing outside, vacuum the base of the wardrobe, scrub down the walls and check for clothing with holes. (wikihow.com).

11 pluses to a recession-addled Fashion Week

Riding the **Recession**

1. Nearly all of fashion has slashed its budgets. That means much better people-watching on the subway.

2. Speaking of transportation, your odds of catching a taxicab between shows and parties just shot up too.

3. High fashion labels are still on sale, so you might actually be able to afford a nicer outfit for that party you want to crash.

4. Hour-long waits for a table at scenery restaurants are a drag, we doubt you'll encounter them.

5. Your H&M finds have never been more popular or accepted.

6. You no longer have to feel like the only broke one who can't afford what's coming down the runways.

7. You now have a reason to dust off your Miu Miu bag from three seasons ago.

The recession is not all doom and gloom, remember — high fashion labels are still on sale.

8. But if you don't have one, no worries. The It bag is dead, remember?

9. Those parties you were too cool to stay at for more than 10 minutes are now your only opportunity to drink top-shelf-liquor cocktails and, sigh, champagne. That is, if you can get in.

10. You won't be the only one eating those little chicken satay sticks on the party hors d'oeuvres tray.

11. Undone hair is the new do.

METRO WORLD NEWS

ATTENTION SECURITY GUARDS
• THE SECURITY ALLIANCE GROUP •
has immediate openings for Security Guards, Mobile Patrol Officers, Bar/Restaurant Guards Armed Escorts, Special Events & By-law Enforcement Officers.
Experience preferred but not necessary, training offered.
For an interview call: **613.820.3554**

JOHN D. QUOC CHINESE MEDICINE, Acupuncture & Massage Clinic
JOHN. D. Quoc DTCM., C.A.c., D.A.c., B.S.c., B.P.h., D.N., D.O.
• Over 30 years clinical experience & research • Disposable Needles •
Dr. of Acupuncture Specialist • Pharmacist • Osteopath • Naturopath • Massotherapist
Former Professor at Saigon Medicine/Pharmacy University, Vietnam
FREE CONSULTATION
RECOMMENDED FOR:
Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, Tennis Elbow, **Fybromyalgia,** Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, **Migraine,** Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, **Back Pain,** Stroke, Heart Problems Impotence, Menopausal Syndrome, Depression...etc.
Vanier Medical Centre 292 Montreal Rd., Vanier
613 263 0063 • 613 276-7750

metro
Metro supports Kindness Week
Show Ottawa how kind you are by doing an act of kindness.
What do you choose to do?
kindottawa.ca
February 16–22 is Kindness Week in Ottawa
choose 2bk
to be kind

Welcome to pure skin

Late nights. Early mornings. Life can be hard on your skin. That's why we've created the NEW Bioré® Daily Recharging line. It's uniquely designed to remove impurities and nourish your skin using natural ingredients – leaving you looking and feeling refreshed. If only everything in life was this simple.

Bioré®. Beauty starts here.

Bioré®

Fondue for film buffs
Another Wolfgang Puck recipe is a Gouda Fondue served with chunks of ciabatta, baguette and vegetables for a casual affair you can set up on your coffee table in view of the TV. Provide lots of napkins and nibble and dunk without missing any of the action. METRO NEWS SERVICES

Food

Wolfgang Puck made his name in Los Angeles when he opened Spago in 1982. He took pizza to a new level and one of his signature dishes is Smoked Salmon and Caviar Pizza. Barb Holland/for Metro Canada

Recipes
Find Puck's recipes for Gouda Fondue and pizza on wolfgangpuck.com/recipes.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

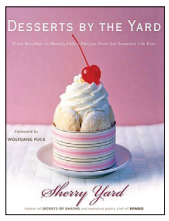
Spoonfuls of Oscar glamour

À la carte

Barb Holland
Metro Food Writer

Gather your friends together for the upcoming 81st Annual Academy Awards, otherwise known as the Oscars. To dine like the stars, we look to Chef Wolfgang Puck for inspiration. For 15 consecutive years, Puck has catered the official Oscar party.

For dessert, here is a recipe from Desserts by the Yard: From Brooklyn to Beverly Hills: Recipes from the Sweetest Life Ever (Houghton Mifflin, $45) by Wolfgang Puck, Sherry Yard and Martha Rose Shulman. Brooklyn-born Yard worked her way up to reign as Hollywood and Beverly Hills queen of sweet. As Executive Pastry Chef in Puck's Spago empire, she annually creates 1,700 or so perfect desserts for the Governors Ball following the Oscars.



Chocolate Mousse

To serve hot, place ramekins in preheated 350°F oven and bake for 10 minutes. They will be slightly set on the outside and molten in the middle. Serve immediately. Makes 6 servings.

INGREDIENTS:
- 8 oz (250 g) good quality bittersweet chocolate

The 81st Annual Academy Awards

- 1 /4 cup (60 ml) brewed expresso
- 2 tbsp (30 ml) Grand Marnier liqueur
- 1 cup (250 ml) whipping (35%) cream
- 2 eggs, separated
- 6 egg whites, at room temperature
- pinch of cream of tartar
- 2 tbsp (30 ml) sugar
- Whipped cream and chocolate shavings (garnish)

METHOD:
Place chocolate in food processor fitted with knife blade; pulse to chop chocolate very fine.

In a small saucepan, combine espresso, Grand Marnier and 2 tbsp (30 ml) of the cream; bring to a boil. Turn on food processor and add hot liquid with food processor running. Process until chocolate has melted. Scrape down sides. Continue to process until smooth. Add egg yolks and process until blended. Scrape into a large bowl.

In bowl of a standing mixer with whisk attachment (or hand held electric mixer), beat all 8 egg whites on medium speed. When they foam, add cream of tartar and continue to beat on medium speed while slowly adding sugar. Beat until they form medium peaks. Gently fold into chocolate base, in 2 additions.

In same mixer, beat remaining cream until it forms soft peaks. Fold into mousse. Spoon mousse into six ramekins or other serving cups and refrigerate for 2 hours or until set. Serve with whipped cream and chocolate shavings.

Chocolate Mousse.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Riding the Recession

Meals for a steal

Ahora Mexican Cuisine
ahora.ca
307 Dalhousie St.
613-562-2081
Entrees range from $4.25 for a taco vegetariano (vegetarian taco) to $12.75 for a pollo asada/carne asada (grilled chicken or steak with corn tortillas).

Called one of the most authentic Mexican restaurants in Ottawa (even the menu is in Spanish), Ahora's basement-level restaurant has been decorated with so many sombreros, you'd swear you were in Mexico. Aside from its nachos, quesadillas, enchiladas and margaritas, the restaurant is also known for its salsa bar, which features the range of salsas from mild to skull-and-crossbones hot.

King Cake reigns supreme at Mardi Gras

TRADITION In Louisiana, Mardi Gras is an exquisite celebration packed with fabulous food, fun times, brilliant colours and lots of tradition. With this delicious king cake recipe inspired by best-selling Louisiana cookbook author, Holly Clegg, you can celebrate Fat Tuesday (Feb. 24) wherever you are.

This sweet, cinnamon bread-like dough is shaped into a big circle, cooked and topped with icing featuring the colours of Mardi Gras: Purple for justice, green for faith and gold for power. In her new book, Trim&Terrific Gulf Coast Favorites, Clegg presents this and hundreds of other recipes that celebrate the abundance of fresh seafood and local ingredients that define the cuisine of the Gulf Coast.

This sweet, cinnamon bread-like dough is shaped into a circle and topped with icing featuring the colours of Mardi Gras.

King Cake with Cream Cheese Cinnamon Filling

Makes 16 servings.

CAKE INGREDIENTS:
- 2 (8-ounce, 240 g) cans reduced-fat crescent rolls
- 4 ounces (125 ml) reduced-fat cream cheese
- 2 tablespoons (30 ml) confectioners sugar
- 1 teaspoon (5 ml) vanilla extract
- 2 tablespoons (30 ml) butter
- 1/3 cup (80 ml) light brown sugar
- 1 tablespoon (15 ml) ground cinnamon

METHOD:
Preheat oven to 350°F. Coat a 10-inch round pizza pan with nonstick cooking spray.

Separate crescent rolls at perforations, into 16 slices. Place slices around prepared pan with points in the centre. About halfway down from points, press seams together.

In a mixing bowl, beat cream cheese, confectioners sugar, and vanilla until creamy. Spread on dough in the centre where seams have been pressed together.

In another small bowl, combine butter, brown sugar, and cinnamon with a fork until crumbly. Sprinkle over cream cheese. Fold dough points over filling, then fold bottom of triangle over points forming a circular roll like a king cake.

Bake for about 20-25 minutes or until golden brown. Cool slightly and drizzle with coloured Mardi Gras Icing.

MARDI GRAS ICING INGREDIENTS:
- 1 cup (250 ml) confectioners sugar
- 1-2 tablespoons (15-30 ml) skim milk
- 1/2 teaspoon (2 ml) vanilla extract
- Yellow, green, red, and blue food coloring

METHOD:
In a small bowl, combine all ingredients, except food color. Divide mixture into three bowls.

In first bowl, add a few drops of yellow food coloring. In second bowl, add a few drops of green food coloring. In third bowl, add equal amounts of drops of red and blue food coloring (to create purple). Drizzle over baked cake.

METRO NEWS SERVICES

Food in brief

OBAM-AROMA Timothy's now boasts a new premium coffee as unique as the president himself — Timothy's Presidential Blend No. 44. Comprised of the finest coffees from Kenya, Hawaii and Indonesia, Presidential Blend No. 44 reflects U.S. President Barack Obama's family heritage and personal history. The commemorative new blend launches in time for President Obama's visit to Canada and will be available at Timothy's World Coffee restaurants across Canada starting today.

METRO NEWS SERVICES

LiquidAssets

Peter Rockwell
liquidassets@eastlink.ca

Cinema sipping

In these trying times nothing beats my recessionary blues like watching rich people prance around in fancy frocks and jewelry worth more than my house.

They'll be plenty of both at the Oscars this Sunday: In honour of the best picture nominees this week I've chosen a liquid inspired by each of their solid performances.

The Curious Case of Benjamin Button: With New Orleans as a backdrop nothing represents this flick better than the Big Easy's own **Southern Comfort ($24.25 - $25.64)**. It's great on its own, with cola or stirred into a fruit juice-based Hurricane cocktail.

Frost/Nixon: The now famous interviews took place in California's Orange County. Though far from the wine regions, a bottle of the state's **2006 Dancing Bull Zinfandel ($11.95 - $15.96)** seems appropriate considering how Tricky Dick soft-shoed around many of Frost's questions.

Milk: Because it's set in the '70s, and has a fluid name, it seems a no-brainer to go with a White Russian. All you need to make this fern bar favourite is a little **Mexican Kahlúa coffee liqueur ($27.49 - $29.48)**, some fresh moo juice and a few cubes of ice.

The Reader: Holocaust movies are Academy Award magnets and this one just might get Kate Winslet a statuette. She plays a German; so a thirst-quenching six-pack of Deutschland lager — typified by **DAB Original ($10.95 - $11.99)** — would taste wunderbar.

Slumdog Millionaire: If I won 20 million rupees I'd drink French champagne like it was water. The **2000 Dom Pérignon ($215.00 - $248.00)** would be my pick especially since its Hollywood creds date back to Sean Connery's James Bond days. (P.S. My money's on Slumdog.)

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Cover girl
The bosses of herbal health supplement Airborne have offered to hand over $1 million US to charity if Oscar winners take their product up to the podium with them. The company made the offer to those competing for best actor, best actress, and best supporting actor and actress. **FEMALEFIRST.CO.UK**

Entertainment

The Associate
Shia LaBeouf is heading to law school — he is to star in a big-screen adaptation of renowned crime author John Grisham's book The Associate.
FEMALEFIRST.CO.UK

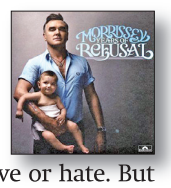
EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Morrissey's Refusal has edge

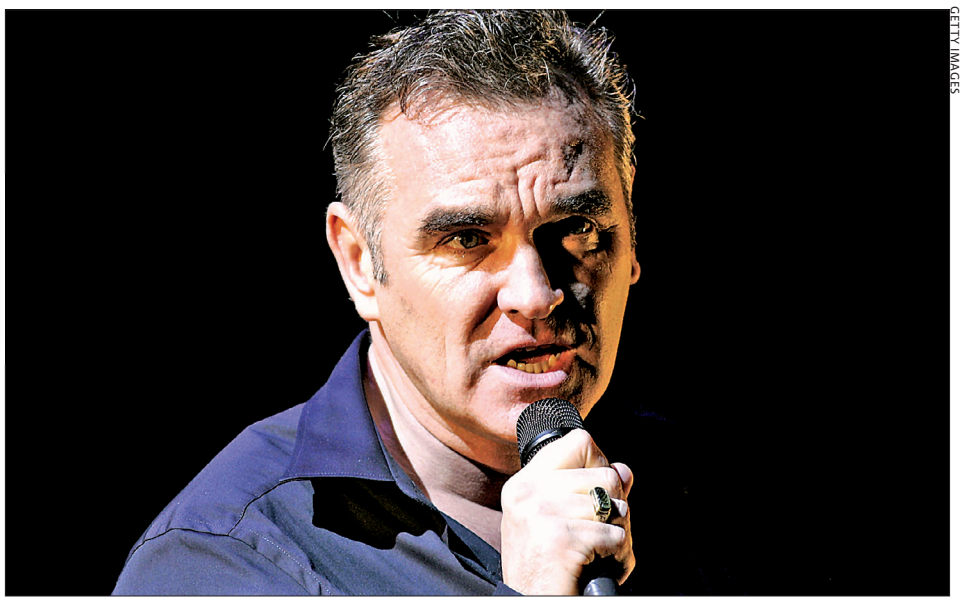
Morrissey

Album: Years of Refusal
Label: Polydor/Universal
Rating: ●●●



THERE'S AN over-the-top melodrama to Morrissey's vocal delivery that you either love or hate. But there's plenty on this new CD even Morrissey-haters can appreciate. The former Smiths' frontman has hooked up with an exceptional four-piece crew of garage artists that lends an underlying edge to his hammy emoting. He's even got guitar god Jeff Beck providing some superb cowboy/surf riffs on one track (Black Cloud). That's fortunate, because otherwise we've got a middle-aged man anxious to get off prescription pills (Something is Squeezing My Skull) and crooning about how he can only find love in French architecture (I'm Throwing My Arms Around Paris). Nonetheless, fans will again call this one of his best in years. They'll even like the mariachi horns on When Last I Spoke To Carol.

Graham Rockingham/for Metro Canada



GETTY IMAGES

Years of Refusal — the latest album from Morrissey — was released this week.

Emm Gryner

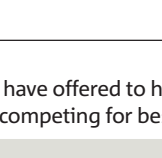
Album: Goddess
Label: Dead Daisy/Outside
Rating: ●●●½

WHEN DEALING WITH the dread of a damaged romance during a dreary cold winter, one needs time to be alone to make sense of it all. That's at least the impression left from this Ontario songstress' — and Dead Daisy label owner's — 11th album. Gryner's use of austere piano-based pop noir and stripped-down folk works satisfactorily with all those lyrical images of frozen lakes, skating rinks, the cold weather, burned-out buildings, drawing blood … Vicious stuff here, tempered only by Gryner's soothing soprano. There's a good reason why the likes of Bono, David Bowie and Danny Michel have lauded praises her way.

Ian Nathanson/for Metro Canada

… And You Will Know Us by the **Trail of Dead**

Album: The Century of Self
Label: Justice
Rating: ●●●

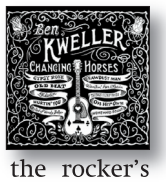


…AND YOU WILL Know Us By The Trail of Dead are one of those bands you either love or hate. They've amassed a following with their over-the-top epic rock songs, but grandiose guitars and soaring pianos aren't for everyone. Their latest sounds similar to their past releases, but without a major backing them this time around, the group seem freer to expand on their progy noise-rock sound. If you don't mind six minute-plus tunes and heavy dose of distortion then this will be a great listen (especially Halcyon Days), but it'll be tough to swallow for everyone else.

Bryan Borzykowski/for Metro Canada

Ben **Kweller**

Album: Changing Horses
Label: ATO
Rating: ●●●½

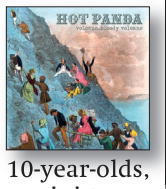


ALTHOUGH TEXAS-BORN Ben Kweller has dabbled in country twang before, this is the rocker's first genuine foray into the world of Americana. And, luckily, he succeeds with flying colours. With pedal steel galore, rich, soothing harmonies and a host of infectious singalong tunes, this might be the guitar slingers best record of his career. While there's plenty to enjoy here, the quiet and passionate On Her Own might be the most remarkable on the disc. If Kweller's smart, this musical change will be his last.

Bryan Borzykowski/for Metro Canada

Hot **Panda**

Album: Volcano…Bloody Volcano **Label:** Mint Records
Rating: ●●●



HOT PANDA ARE certainly enthusiastic — picture them as mop-topped 10-year-olds, bouncing on a mini trampoline as they play. The Edmonton-based band and its keyboard-driven, danceable indie-pop combine the tempo switch-ups and vocal styles of groups like the Clips and Clap Your Hands Say Yeah!. They push up the rhythmic elements: Onomatopoeia singing, staccato percussion, and oompa basslines drive catchy tracks like Holes and Cold Hands/Chapped Lips. But at times some melodies meander into "fun-time freak-outs," and the band comes off like a goofier, less taut Born Ruffians. The thumping breakdowns, punchy vocals and grooves on tracks like Whale-Headed Girl show us the energy; now the boisterous gang just needs to reign it in.

Rob McMahon/for Metro Canada

The Deep **Dark Woods**

Album: Winter Hours
Label: Black Hen Music
Rating: ●●●½

HERE ARE VERY dark things indeed hiding in the Deep Dark Woods. These twelve tales of frontier tragedy weave an alt-country pastiche of hanging trees and impending doom. When the Deep Dark Woods aren't singing of sudden death, they're crawling into some dark hollow looking for it. It's a kind of neo-hippy back-to-the-roots spirit that harkens back to the Grateful Dead's early '70s dalliance with the New Riders Of The Purple Sage. With the help of master producer Steve Dawson (Zubot and Dawson), this Saskatchewan foursome does it very well. There are guitar runs on this album that are deceptively sublime. Some will find the songs too often stuck in dirge gear, but that's OK. There are, after all, no teddy bears' picnics in the Deep Dark Woods.

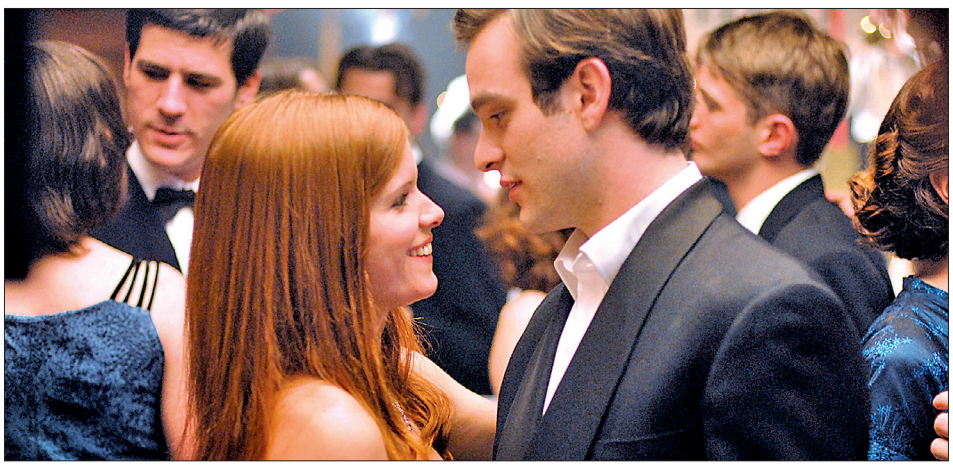
Graham Rockingham/for Metro Canada

Music**Reviews**

music@metronews.ca

Listen to this week's reviewed music by following links at metronews.ca/music

Roberts-Obama playdate?
Julia Roberts wouldn't mind getting her three kids together with Malia and Sasha Obama. When asked by Allure magazine about her dream dinner party, the Oscar winner says: "For sure, we're going to start with the Obamas. The girls can play with my kids." USMAGAZINE.COM


Kate Mara and Charlie Cox in a scene from Stone of Destiny.

Finding her voice

Kate Mara changes tune for Stone of Destiny

For Kate Mara, the accent was on getting the burr just right to play a young heroine of the 1950s Scottish nationalist movement in Stone of Destiny.

The petite brown-eyed redhead had no trouble looking the part of a Scottish lass, but sounding convincing was crucial to her.

Movie **feature**

"It was really hard work," the 25-year-old actress said at the Toronto International Film Festival last fall. The film opens here Friday.

"Being in Scotland and being surrounded by a whole Scottish cast (was intimidating), but everyone was so helpful and supportive," she said.

"No one acted like they had any qualms with an American girl playing the lead and an Englishman (Charlie Cox) playing the lead guy."

Written and directed by Charles Martin Smith, who movie fans will remember as Terry in 1973's American Graffiti, the story recalls an important event in modern-day Scottish history.

Based on Ian Hamilton's book, it follows the exploits of the young nationalist, who banded with Kay Matheson (Mara) and two university student pals to swipe the 152-kg Stone of Scone from beneath the Coronation Chair in Westminster Abbey in London and repatriate it to its home in Scotland.

The students wanted the stone — a symbol of Scottish national pride nabbed by the Brits in the 13th century and used since in the crowning of English monarchs — out of England and back in its home country.

Glaswegian Robert Carlyle also stars in the movie as politician John MacCormick, who inspires the students with his fiery speeches.

Retired lawyer Hamilton (age 82 when the movie was being shot in Scotland two years ago), spent a great deal of time on the set, acting as historian, guide and even voice coach.

"I spent so much time with Ian, he was so present and he answered any questions we had," said Mara. "He had Charlie Cox and me over to his house for dinner, and he told us stories. It was amazing."

Mara was enthralled with the tales of the then-25-year-old rebel Hamilton.

"The craziest thing was knowing they were so young when they did this huge thing," she added. "It's hard to imagine being (that age) and doing something that huge and not knowing the consequences. And to be able to spend time with the guy who did it how many years later, that's such a cool thing." TORSTAR NEWS SERVICE

In theatres

- Stone of Destiny opens in theatres on Friday.

SAG contract talks back on

UNION Negotiators representing Hollywood studios and actors met on Tuesday for the first time since November, hoping to kickstart talks that have triggered a bitter split at the Screen Actors Guild.

The union, which has been working without a TV/theatrical contract since the old one expired on June 30, is divided between moderates who favour a quick resolution to the impasse and hardliners opposed to the negotiations and any resultant tentative agreement.

The moderates won a key battle last month by ousting SAG's negotiating committee, including executive director and chief negotiator Doug Allen.

The recast team, led by new chief negotiator John McGuire, met the Alliance of Motion Picture and Television Producers (AMPTP). Talks were also scheduled yesterday. REUTERS

Success Language School
"Bilingue en peu de temps"
HULL-OTTAWA ORLEANS 613.795.5773
Six week Mini-immersion – St Laurent Mall (Ottawa)
French for the Public Servant – Levels A, B, C, SLE Renewal
February 19, M, Tu, Thurs, 7:00 – 9:00; 5:00 – 7:00 Evening/Daytime
• Small groups • B, C, Exemption • Free evaluation
• Government exam preparation
• A (Beginner) • B (Intermediate) C (Advanced)
Learn French to get those government jobs
Registration **www.successlanguageschool-ecolesucces.com**
10485020

Joe Jonas 'a ladies' man'
Joe Jonas is the biggest flirt of the Jonas Brothers, Kevin Jonas revealed on the CBS' The Early Show Tuesday. "He's a ladies' man," Kevin said. **USMAGAZINE.COM**

Kink around country

Popular TV show connects with hairdressers

JON TATTRIE
for Metro Canada

Da Kink in My Hair is taking the salon on the road. The stars of the popular Global TV show, set in a Jamaican-run hairdressers in Toronto, are bringing the "Kink Cam" to visit real-life hairdressers across the country.

"We're here to connect with our fans. We're going into barber shops, hairdressing salons, schools," Trey Anthony said yesterday. The England-born comedian and actor wrote Da Kink in My Hair as a play before it was turned into a TV show on Global.

"Everyone's been really excited to see us," she said. The show, which examines "black womyn's issues," has struck a chord with viewers, she said.

Ordena Stephens stars as Novelette (Letty) Campbell, the Caribbean-Canadian owner of the hair salon. Anthony plays her sister Joy.

Halifax native Eli Goree plays a 19-year-old sent to work for a salon in the second season of Da Kink in My Hair.

Da Kink had a local guide for the Halifax stop of the tour. Newcomer Eli Goree plays Malik, a 19-year-old sent to work in the salon to keep busy — and out of trouble. Goree, who hosted the CBC show Street Cents and has appeared on Sesame Street, was having a blast introducing his new friends from Toronto to his old friends in Halifax.

"We're going into barber shops, hairdressing salons, schools."
Trey Anthony, creator

"It's good to be home. We're going around seeing my family and friends," the Halifax native said. He made sure they brought the Kink Cam to his own barber, Derek, at First Cousins. "He's been cutting my hair for years," laughed Goree.

"It's great being on the show and seeing so many different aspects of the Toronto culture, and then to come back here and see how receptive people are to the show."

After a successful first year, Global renewed Da Kink for a second season, which started on Feb. 12. Da Kink airs Thursday nights at 9:30 p.m. ET.

The Embassy of the Czech Republic
is proud to present
one of the greatest chamber music
groups in the world:

Pražák Quartet

This special concert is brought to you
in the framework of the cultural presentation
during the Czech Presidency of the European Union
in cooperation with the Ottawa branch of
the Czech and Slovak Association of Canada

Tuesday, March 3, 2009 at 7 p.m.
Dominion-Chalmers United Church
355 Cooper Street, Ottawa

Regular Admission$15
Students & Seniors $10

Tickets available at the door
Doors open at 6 p.m.

For more information, visit: www.mzv.cz/ottawa

CZECH AND SLOVAK ASSOCIATION OF CANADA

EU2009.CZ

It's Hammertime on cable channel

SERIES Rap superstar of the '90s MC Hammer will star in a reality series on the A&E cable network. The performer, his wife and five children will be the focus of the half-hour, 11-episode show, which will premiere this year. The title, naturally, is Hammertime.

Black Eyed Peas set date for E.N.D.

MUSIC The Black Eyed Peas will release The E.N.D., their first studio album in four years, on June 9. The group originally had hoped to release the set, which stands for The Energy Never Dies, in March. The band plans an international tour in support of the Interscope release. The group's last album Monkey Business sold 4.2 million copies in the U.S. **REUTERS**

GlobalStyle

Kenya Hunt

Exclusively at
metronews.ca/globalstyle

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

primetime — 2/19/09

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
	265	353	2	TVO	e2	e2	The Agenda With Steve Paikin		Blackpool		Masterworks "Helvetica" (N)		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	Survivor: Tocantins (N)		The Office	Kink in Hair	Life "I Heart Mom" (N)		News (N)
	-	-	5	SRC	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		M pour musique (HDTV) (SC)		Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	Wife Swap		Eleventh Hour (HDTV) (N)		(10:02) Private Practice (N)		News (N)
	196	311	7	CTV	Hollywood	etalk	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		ER (HDTV) (N)		News (N)
	208	303	8	CBC	NHL Hockey Montreal Canadiens at Pittsburgh Penguins. (HDTV) (Live)						CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Name Is Earl	Kath & Kim (N)	The Office	30 Rock	ER (HDTV) (N)		News (N)
	117	713	10	TVA	Histoires-filles	Star Académie:	La Classe de 5e (N) (SC)		Taxi 0-22 (SC)	Caméra café	TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Grande fille	Un monde bête	*Fascination criminelle* (2006, Suspense) Sean Young.				Cent dix pour cent (SC)		Msr Showbiz
	137	763	12	TFO	Panorama		Météo	Nouv. mondes	*Le Jour se lève* ★★★ (1939, Drame)			Y'a pas d'âge	Volt
	-	362	13	CBS	Dr. Phil (HDTV)		Survivor: Tocantins (N)		CSI: Crime Scene Invstgtn.		(10:01) Eleventh Hour		Two/Half Men
	216	395	14	OMN2	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Ugly Betty (N)		30 Rock	30 Rock	Hell's Kitchen (N)		News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	*Blind Trust* (2007, Suspense) Jessica Capshaw.				News (N)
	-	361	20	ABC	News (N)	Entertainment	Ugly Betty (N)		Grey's Anatomy (N)		(10:02) Private Practice (N)		News (N)
	512	396	24	CPAC	(5) Obama visite le Canada		Heure polit.	L'Heure politique				Tête-à-tête	Dossier public
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Bones (HDTV PA) (N)		Hell's Kitchen (N)		News (N)		News
	-	-	64	PBS	Business Rpt.	Equitrekking	Yes, Minister	Time Goes By	Monarch of the Glen		Poldark		Charlie Rose
	205	312	104	CTV	Hollywood	etalk	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		ER (HDTV) (N)		News (N)

news

	502	390	26	NW	CBC News	The Obama Visit (N)			CBC News: The National		Dreams of Obama		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		

sports

	406	417	27	net	UFC: Access	NHL Hockey Vancouver Canucks at Ottawa Senators. (HDTV) (Live)					Sportsnet Connected		Hockey Central
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey!	Westminster Kennel Club Dog Show "Closing Night" (HDTV)						SportsCentre	
	410	403	52	SCR	Canadian Poker Tour		NBA Basketball San Antonio Spurs at Detroit Pistons. (Live)					NBA Basketball	
	411	457	56	OLN	Dog the Bounty Hunter		Survivorman Costa Rica.		Mantracker		Dog the Bounty Hunter		Survivorman
	417	406	59	SC	Pimp My Ride	Pass Time (N)	Pinks -- All Out (HDTV)		Pinks -- All Out		Bullrun (HDTV) (N)		Pimp My Ride

family

	554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	*X-Men* ★★★ (2000, Action) Hugh Jackman.			
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Futurama	Zixx Level	Prank Patrol	Falcon Beach		Mystery Hnt.

cable variety

	570	580	29	MM	mmmtop	Back In...Love	Spice Girls-Giving		Fabulous Life Of...		RuPaul's Drag Race		Listed
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Beast "Hothead" (N)		The Beast
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		TNA iMPACT! (HDTV) (N)				CSI: Crime Scn
	521	560	34	TLC	Sports Disasters (HDTV)		Overhaulin' (HDTV)		Street Customs (N)		Heli-Loggers (HDTV) (N)		Street
	145	761	35	TV5	Fourchette et sac à dos		Club social		Envoyé spécial			Cité guide	Journal TV5
	616	521	39	SHO	The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	*Silent Hill* ★★ (2006, Horror), Sean Bean		
	620	523	40	BVO	Camera	Snapshot	Bathroom Divas-Opera Star		*Glenn Gould: Hereafter* (2005, Documentary)				Law & Order
	520	505	42	DIS	Daily Planet (N)		Machines of Malice		Scandals of the Ancient World		MythBusters		Daily Planet
	575	583	43	CMT	Our Song	Flashback	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Coyote Ugly
	601	562	45	SLC	Til Debt-Part	Rich Poor	Bulging Brides	Bulging Brides	Last 10	Last 10	The Biggest Loser		ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP	Gong Show	Daily Show
	294	529	47	TBS	House-Payne	House-Payne	Friends	Friends	Friends	Friends	*I Know What You Did Last Summer* ★		
	600	564	49	H&G	House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes-Homes
	627	528	50	SPC	Rabbit Fall	Rabbit Fall	Chuck (HDTV)		Star Trek: Voyager		Chuck (HDTV) (N)		Stargate SG-1
	581	566	53	MTV	Mom & Dad	After	MTV News	Cribs	Making the Band 4 (N)		The Girls of Hedsor Hall		MTV Live
	618	524	54	TROP	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	522	506	55	HIS	NCIS "High Seas"		Lost Worlds		Deep Wreck Mysteries		NCIS "High Seas"		Ancestors
	129	773	60	CD	Biographies "Matt Damon"		Les Procureurs (HDTV)		Alliance meurtrière		Histoires de crimes (HDTV)		Police de l'air
	261	394	61	V	Murder, She Wrote		Wait for God	'Allo, 'Allo!	*The Cutting Edge* ★★ (1992, Romance-Comedy)				Poltergeist
	602	567	62	W	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	House	Maxed Out
	269	350	70	APTN	Suaangan	Wapos Bay	By the Rapids	renegadepress	*Cry Baby* ★★★ (1990, Musical Comedy) Johnny Depp.				Rez Rides
	621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	etalk Winners	etalk	The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	Chef at Home	Chef at Home	Restaurant Makeover		Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes

critics'corner

ER
It's Valentine's Day in the ER, and Neela (Parminder Nagra) seems to be under the spell of Dr. Brenner (David Lyons). Gates (John Stamos) treats a bizarre mushroom hunter who comes in on his wedding day with breathing problems, and Banfield (Angela Bassett) is determined to have a baby despite her husband's (Courtney B. Vance) misgivings. And Dr. Carter (guest star Noah Wyle) makes a surprise visit to the ER. 10 PM on 7 CTV NBC

Masterworks
What's so interesting about a typeface? A lot, according to "Helvetica," a documentary about the sleek, simple font that was created in 1957 and has become ubiquitous. The film traces the history of Helvetica and collects input from graphic designers, social scientists and others on the reasons for its popularity. Some like it, while others think it's a reflection of modern society's desire for simplicity and predictability. 10 PM on 2 TVO

Front-row fan

Justin Timberlake was in New York this week to debut his new collection for William Rast and had his biggest fan, girlfriend Jessica Biel, in the front row. "I'm excited to see the show," Jessica said as she hurried inside, intouchweekly reports. METRO NEWS SERVICES

Celebrity Buzz

Eva claims to be 'pretty frugal'

IMAGE The ever glam Eva Longoria has revealed she's pretty frugal in real life, unlike her Desperate Housewives character, Gabrielle, femalefirst.co.uk reports. At the Matthew Williamson fashion show this week, she commented: "I've always been pretty frugal about everything I wear on the red carpet. I return it all the next day."

METRO NEWS SERVICES

Jen and Jolie may cross paths at last

SHOWDOWN It looks like Angelina Jolie and Jennifer Aniston may finally come face to face Saturday at the Night Before the Oscars party in Beverly Hills. And according to OK magazine, Aniston is ready for the showdown. "She has always known that this moment would happen and she's never been more ready to see her nemesis, Angie, in the flesh," a source tells the magazine.

METRO NEWS SERVICES

Guy's angry about having to re-shoot

BEHAVIOUR Guy Ritchie is reportedly furious over being ordered to re-shoot scenes for his upcoming film Sherlock Holmes starring Robert Downey Jr., according to the Sun. The paper says Warner Bros. executives were displeased with a cut of the film, and blasted one scene as being "ridiculously unrealistic."

METRO NEWS SERVICES

Octuplets' mom denies being obsessed with Jolie

LOOKALIKES Facing public outrage over revelations that she supports her family with the help of food stamps and claims that she is fixated with Angelina Jolie, Nadya Suleman tells People magazine that she's turning to "a greater strength" to cope with her sudden notoriety. People.com quotes the California mother of octuplets as saying she hopes the media frenzy will soon die out and allow her to focus on raising her eight new babies, born Jan. 26, along with her six older children.

"Next week it will be okay," she told the magazine while peering outside at a group of reporters camped in front of her home in Whittier, Calif. "No one will be out there, I'm hoping." Suleman also rejected claims that she is obsessed with Jolie.

"All lies. I have no interest in her. None," she says. "I've never been a fan of anybody famous. Now I kinda have a taste. But it's not being famous — it's being infamous. It's a nightmare."

Jolie's rep said reports that the actress received letters from Suleman are untrue.

METRO NEWS SERVICES

PAUL DRINKWATER/NBC

Taraji takes Brad home to meet her pals

CO-WORKERS Taraji P. Henson was so starstruck by her The Curious Case of Benjamin Button co-star Brad Pitt she invited him home to meet all her friends, femalefirst.co.uk reports.

The actress was convinced producers would turn her down for a role in the movie because they would want a "big celebrity" to appear alongside Pitt. She was shocked when she landed the part — and even more surprised to learn the Hollywood megastar is "just a regular guy." Henson tells USA Today newspaper, "Three of my very best girlfriends flew into town and wanted to meet Brad Pitt.

"So I was like, 'Brad, come over. My girlfriends are going crazy over you.' He comes over, and he's so cool. He has a way of being very warm and making people feel welcome."

The actress is currently enjoying the movie's success and she was rewarded with a best supporting actress nomination.

METRO NEWS SERVICES

ALL PHOTOS GETTY IMAGES EXCEPT WHERE INDICATED

Rourke says his dogs were there for him 'when no one else was'

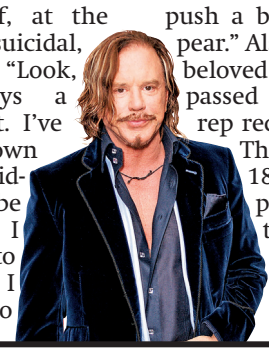
FRIENDS Mickey Rourke, who thanked his dogs during his Golden Globes best actor acceptance speech, says his pooches received a shout-out for one simple reason: They were there for him during his darkest hour more than a decade ago, people.com reports.

"I sort of self-destructed and everything came out about fourteen years ago or so ... the wife had left, the career was over, the money was not an ounce," Rourke, 56, reveals during the Oscar night edition of The Barbara Walters Special, of which People has an exclusive preview.

"The dogs were there when no one else was there." But the star of The Wrestler says his split from ex-wife, actress-model Carre Otis, 40, further exacerbated his personal turmoil.

"What happened was, I was not in a really good place in my head and my heart, and I think when the wife left, it all came down and I didn't want to be here." But when asked by Walters if, at the time, he was suicidal, Rourke said, "Look, there's always a weak way out. I've always known that. Yeah, I didn't want to be here, but I didn't want to kill myself. I just wanted to push a button and disappear." Also, Loki, Rourke's beloved Chihuahua, has passed away, the actors rep recently confirmed. The dog, which was 18 years old, was photographed often on the red carpet with Rourke.

METRO NEWS SERVICES



SJP wants the next Sex and the City film to be a 'romp'

REUNIONS Sarah Jessica Parker says the next Sex and the City movie will be a "romp," femalefirst.co.uk reports. The actress, who is set to reprise her role as sex columnist Carrie Bradshaw, wants the script to be packed with steamy scenes and funny storylines. She said: "I think we want this one to be a romp. The last one, we got to tell a really mature sophisticated story that had real heartbreak in it, and this time, I think we want a romp. We want our audience to have a massive romp."

METRO NEWS SERVICES

Von Teese says she'll never put a man before her career

WORK Dita Von Teese has vowed never to quit her raunchy stage act for a man, insisting she'd rather give up on the relationship than her career, femalefirst.co.uk reports. The sultry striptease artist says previous lovers have let her down because they want her to sacrifice her job for the romance. She says, "To begin with, they all say how great (my career) is. But when it comes down to it, they want their careers to be more important than mine."

METRO NEWS SERVICES

Cruise family heads to Disney World

FAMILY Hollywood royalty met Disney royalty at the Magic Kingdom over the weekend, people.com reports. On Saturday, Tom Cruise, Katie Holmes, kids Suri, 2, and Connor, 14, and Holmes' parents visited the Walt Disney World theme park, where they met princesses Cinderella, Snow White and Aurora (a.k.a. Sleeping Beauty) at the Once Upon a Time Breakfast at Cinderella's Royal Table restaurant. "Suri was wearing a yellow dress like Belle from Beauty and the Beast," says a fellow diner. The family slipped into the restaurant relatively unnoticed as the princesses were being introduced to the crowd.

JAMES DEVANEY/WIREIMAGE

METRO NEWS SERVICES

The Weather Network
TWN incorporates MSC data

Today
Rain and snow
80%
1° / -8°

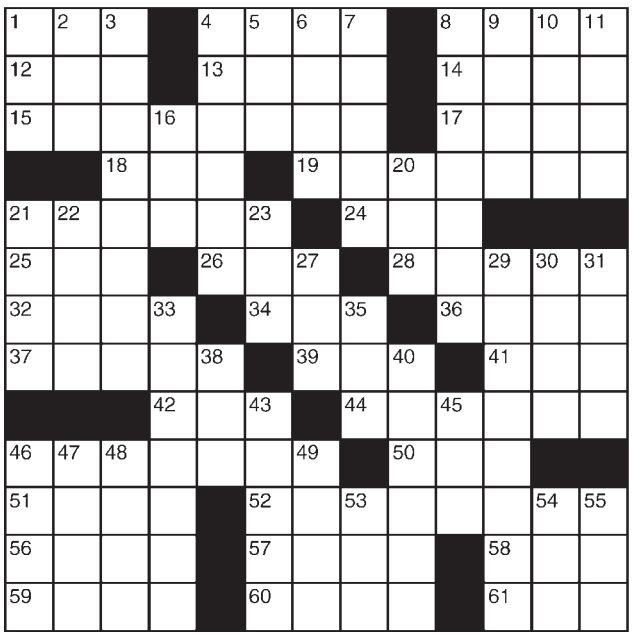
Friday
Flurries
70%
-3° / -8°

Saturday
Variable
-4° / -10°

PLAN YOUR LUNCH WISELY...
Download WeatherEye™ Today!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2		4	6				3	
				5				
				9	3			8
4		9			7	2		
1		8				7		4
		7	3			9		1
6			9	4				
				7				
	5				1	4		6

Crossword across

1 Ain't no more
4 Hand warmer
8 Supermarket supply
12 Request
13 Taj Mahal city
14 Send forth
15 Easy field goal
17 Competent
18 Sajak or Summerall
19 Middle kid, in a sitcom
21 Pen VIP
24 Author Buscaglia
25 "I" strain?
26 Wish otherwise
28 Further down the page
32 99 of the 101 Dalmatians
34 Playground game
36 Rebuff a masher
37 Choppers
39 Aries
41 Lemieux milieu
42 Have 44-Across
44 Evening meal
46 Big con
50 — de deux
51 PBS science show
52 Hidden trigger
56 Hebrew month
57 Green land
58 Margery of rhyme
59 Money
60 Encounter
61 CBS logo

Crossword down

1 Servicewoman
2 Blond shade
3 Do some pre-bout exercise
4 Get down
5 "Blecch!"
6 Gift-tag word
7 Deadly
8 Signal lights
9 Early pulpit
10 Underwater breathing apparatus?
11 Goblet part
16 Cushion
20 Mainlander's memento
21 Sobbed
22 Malaria symptom
23 Enthusiast
27 Corn spike
29 Opposite result
30 "The Amazing —"
31 Unoriginal one
33 The Daily Show host
35 Petrol
38 Meccan pilgrimage
40 Snuffleupagus, e.g.
43 Tribe emblem
45 Manhandle
46 Hosiery woe
47 Protuberance
48 Elliptical
49 Soft cheese
53 Rage
54 Comedian Romano
55 Flock member

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	B	A		D	O	L	E		F	O	A	M		
G	U	N		O	V	I	D		E	U	R	O		
E	S	T		L	A	Z	A	R	E	T	T	O		
S	T	E	A	L			M	O	B					
			N	A	B	S		B	L	U	S	H		
N	A	Z	A	R	E	T	H		E	S	A	U		
I	V	E		S	T	R	A	P		E	V	E		
S	E	T	S		H	A	Z	A	R	D	E	D		
I	R	A	Q	I		W	E	N	D					
			U	T	E			O	A	S	I	S		
G	A	Z	A	S	T	R	I	P		O	B	I		
A	G	A	R		N	U	L	L		F	I	T		
D	O	P	E		A	B	L	Y		A	S	S		

7	3	9	4	8	2	6	5	1
8	6	4	5	1	3	9	7	2
5	1	2	6	7	9	8	3	4
4	7	8	3	9	1	2	6	5
1	9	6	7	2	5	4	8	3
2	5	3	8	4	6	1	9	7
9	8	1	2	5	7	3	4	6
3	4	5	1	6	8	7	2	9
6	2	7	9	3	4	5	1	8

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Italian Braised Beef with Garlic and Mushrooms

INGREDIENTS:
1/2 cup (125 ml) dried porcini mushrooms (1/2 ounce)
1 cup (250 ml) hot water
1 cup (250 ml) canned crushed tomatoes
1 cup (250 ml) dry red wine or chicken broth
2 tbsp (25 ml) tomato paste
3 carrots, cut into matchsticks
2 celery stalks, cut into matchsticks
4 garlic cloves, slivered
4 tsp (20 ml)brown sugar
3/4 teaspoon oregano
3/4 teaspoon salt
1/2 tsp (2 ml) black pepper
1 lb (500 g) well-trimmed boneless beef eye round roast

METHOD:
1. Combine mushrooms and hot water in small bowl. Let stand 20 minutes until softened. With fingers, scoop mushrooms out of liquid. Strain mushroom soaking liquid through fine-meshed sieve and set aside. Coarsely chop mushrooms.
2. Preheat oven to 350 F (180 C). Combine mushrooms, mushroom soaking liquid, tomatoes, wine, tomato paste, carrots, celery, garlic, brown sugar, oregano, salt, and black pepper in Dutch oven or flameproof casserole. Bring to a boil over medium heat.
3. Add meat to pan and return to a boil. Cover, place in oven, and bake until meat is tender, about 1-1/2 hours.
4. Slice meat and serve with vegetables and sauce. (Recipe can be made ahead. Add sliced meat to pan of sauce and vegetables and refrigerate. Reheat in 250 F/120 C oven).

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Your energy inspires others to get out of a rut. You'll pull off any last-minute plans with ease. You have the courage to speak the truth.

TAURUS
APRIL 21-MAY 21
Your conscience is tugged after witnessing an injustice. Sometimes you just can't help other people. The best policy is to let sleeping dogs lie.

GEMINI
MAY 22-JUNE 21
Someone tells you something you want to know. A trustworthy person discovers a personal weakness. Regrets will cause a friend to confess.

CANCER
JUNE 22-JULY 22
Discuss an agreement with a stable friend. Self-hypnosis will work for you. An optimistic woman wants you to change your habits.

LEO
JULY 23-AUG 23
Tension crops up when someone is caught lying. Someone will bring out your wild side. Prepare to coach a besieged person through a crisis.

VIRGO
AUG 24-SEPT 22
You'll get support for a planned venture. A quiet approach enhances your hard work. Someone's integrity is at stake in a wild love affair.

LIBRA
SEPT 23-OCT 23
You'll get more happiness from telling the truth. A wicked woman has something to say about damages. Your passions must be controlled for now.

SCORPIO
OCT 24-NOV 22
Don't let other people's fears scare you into making a mistake. You'll have to defend a reliable friend. Mind your manners and don't be bitter.

SAGITTARIUS
NOV 23-DEC 21
You don't expect to be told what to do. Your talents lead you to better things. Pay attention to any doubts about a tempting fantasy.

CAPRICORN
DEC 22-JAN 20
Your affection causes weird reactions. Ridiculous outrage will break out over a lost item. Strengthen others by sharing your deep thoughts.

AQUARIUS
JAN 21-FEB 18
An ally denies revealing his character flaws. Your brilliant ideas push the power of invention to new heights. A social event seems to be silly.

PISCES
FEB 19-MARCH 20
Be a minimalist with your plans. A fierce person insists on deadlines being met. You must spend time with someone if you want to bond.

OTTAWA'S ONLY DRUM SHOP
390 Gladstone Ave.
Ottawa, ON K2P 0Z1
Mon-Wed 10am-6pm
Thurs & Fri 10am-8pm
Sat 10am-5pm
Dave's DRUM SHOP Inc.
Toll Free 1 866 553 DRUM
613-594-DRUM
that's 613-594-3786
www.davesdrumshop.com

SuiteDreams.com
IMPRESS YOUR GUESTS
Cartier Place SUITE HOTEL
Downtown Ottawa
TRAVELERS' 2008 CHOICE
www.tripadvisor.com
613-236-5000

TELL METRO READERS WHAT YOU THINK
NEW "COMMENT & VIEWS"
Whether you agree or disagree about anything you've read in Metro, we want to know.
Send us your views and pick up Metro daily to find out what other Metro readers are saying.
Email your letters to
ottawaletters@metronews.ca
metro Do it daily.

MILLIONAIRE Life

WHAT WOULD YOU DO WITH $1,000,000 A YEAR FOR 25 YEARS?

ONLY UNTIL FEB. 28th

ALL PRIZES ARE GUARANTEED TO BE WON!

PLUS

- 4 PRIZES OF $1,000,000
- 20 PRIZES OF $100,000

OLG

OLG.ca
1-800-387-0098

SIGN YOUR LOTTO TICKET

Know your limit, play within it.
THE ONTARIO PROBLEM GAMBLING HELPLINE 1-888-230-3505